

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Rewriting The Story

By Sibyl McLendon

Rewriting The Story by Sibyl McLendon

For those of us who had significantly less than ideal childhoods, life can become a mire of "what-ifs". What could I have accomplished if not for the abuse? What if it has been different, where would I be today? Life can become a circle of anger, helplessness, hopelessness, and the feeling that we have been robbed of our potential.

There is a tool that can help us to discover who we could have been if not for the destructive wasteland of our childhood.

The time may be right for you to take control of the past. Of course, the past is over, and essentially un-changeable. However, there is a way to take charge of the present by re-writing your past.

Many years ago, I read a novel. I have no idea what the name of this book is, nor do I remember the author. However, there is a line from that book that stayed with me; I even wrote it down and kept it on my pantry door for years. One day, when the time was right for me, I read that line and it was as if a sunny window was thrown open in my mind. Suddenly, I just GOT it! And now, I am passing that revelation on to you.

"It is easier to keep a bad story than it is to write a new one."

We can re-write the story of our lives! It is our story, after all. We can do anything that we want with it. The trick to this, if it can be called a "trick", is that you must be open to the possibilities! You have to believe that this can work. Skepticism is fine, but if you are not open to the possibility that this can work, then it most surely will not.

Here is what you do:

If you can, find a photo of yourself as a child. The best one would be sometime when you were happy. If you can't do this, however, that's fine. Just pick an age for yourself to start from. Do your best to visualize yourself at that age.

Rewriting The Story

Now, you begin to rewrite the story of your life, on paper and as it were a book. Don't expect to be able to do this in one sitting or even in one week. Be as creative as you possibly can, and take your time. You might want to give yourself a new name, and that is great. I can't emphasize enough to you that this is your story! You can be anything and anyone that you choose.

Now, keep in mind at all times, the sky is the limit in your new story! Give yourself the parents and the family that you always dreamed that you wanted, the ones that you always wished that you had. Make them loving, and nurturing and supportive.

Make your home be the one that you always wished you lived in. Give yourself a pet if you like. Good friends, a great school, nice clothes, great toys.

Because you have this wonderful life, you are now self-assured, good in school, popular and good-looking. Did you always want to be the star athlete or a cheerleader? Well, you can be now.

And because you now have everything going for you, you can go to college, if that was a dream of yours. You can become anything that you want. You are smart and successful, so there are no limits.

If you can let yourself go in this exercise, it can be very powerful. When you rewrite your story, you open yourself up to all that you "could" have been. If you can incorporate the new story into your psyche, make it your own, then you are on your way to becoming that person that you always could have been.

Just take your time, and let yourself run free with this. At the very least, you are exercising your imagination and being creative, and these are never a waste of time. At the highest possibility, you could change your life.

Your life is yours; it belongs to you. The story of your life is your most fundamental possession, your most intimate heritage. Take control of it and you take control of your life.

So, let your mind wander free from the past, and have fun creating a new one for yourself.

Sibyl McLendon is 1/2 Navajo, and is a personal spiritual coach for Circle Of Grace <http://www.circle-of-grace.com>. Circle Of Grace is a unique blending of Native American spirituality and holistic wellness coaching. Sign up for a free coaching session! Sibyl can be contacted at sibyl@www.circle-of-grace.com

Does Your Story Have A Theme?

By Nick Vernon

Creative Writing Tips -

It should.

Rewriting The Story

A theme is a one–line explanation of your story.. Every story should have one because our stories are about something.

When I say should, I mean that this isn't always the case. Especially so for beginner writers, who may not know, that the theme carries the story. Or even those who've been writing for years may not be aware of the importance of a theme.

And a theme is important.

A theme is what will keep you on track as you write the story.

What happens if you write without a theme in mind? Two things...

1.You stray from the subject

or

2.You write more than one story.

Let me give you an example of a story written with a theme in mind...

The theme to a story I once wrote was, 'Vanity Leads To Destruction.'

Very briefly, this story is about a female character that believed herself to be so beautiful, in the end she lost everything.

Writing this theme on a post–it note and sticking it on my computer, I was always reminded that my story had to revolve around this theme. Having a theme helped me stick to the story I had intended on writing and not stray from it - not even a little. It also helped me to focus only on what was essential to my story.

So according to my theme, 'Vanity Leads To Destruction'... Every action my character performed was to show her vanity Her goals sprung from her vanity What motivated her was her vanity Her words (dialogue) showed her vanity How she handled situations showed her vanity The interaction with other characters showed her vanity The conflict was a result of her vanity The highest peak in my story, the climax, showed an intense moment of whether her goal would be met (whether her vanity would work for, or against her) And the ending? The ending showed how she was led to destruction

because of her vanity

By following my theme, everything in my story was precise.

If I showed my character not being vain in any instance, then I would've strayed from my theme.

Does your story have a theme?

Rewriting The Story

~~~~~

If you didn't consciously write with a theme in mind, then your story won't have one. Chances are, your story isn't focused. But then again there is the other possibility... At times we fluke things.

Perhaps without consciously knowing, a theme is running through your story.

Check your story to see if this is the case. If it is, are you sticking to the theme?

If you find that some parts of your story are straying from the theme, those parts will need to be changed to accommodate the theme.

Now the other possibility...

You don't have a theme and none is running through your story. That's okay. We can still save it. Read through your story and see what it's about. Then come up with the most appropriate theme to it – A theme that makes sense yet won't mean too much work to change the story.

Rewrite those parts that don't accommodate the theme.

It is easier if we come up with a theme while we are at the plotting stage. It saves all that rewriting but not to worry... You won't make the same error again in your next story!

Besides his passion for writing, Nick Vernon runs an online gift site where you will find gift information, articles and readers' funny stories. Visit

Does Your Story Have A Theme?

Have You Tested Your Theme Against Your Plot?

Have You Tested Your Plot?

Do You Know What A Plot Is?

Does The Title Reflect The Story?

The First and Second Adam

HIV/Aids Healed by the Power of God

Killer Conversion Tactics

If I Can, Anybody Can!

The Toaster's Handbook



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**